

**11<sup>th</sup> Annual Western Canadian Students at Risk Conference**  
**Hotel Blackfoot - 5940 Blackfoot Trail S.E. Calgary, AB**  
**March 13<sup>th</sup>- 14<sup>th</sup>, 2017**

**Registration Fee- \$279 inc. GST**

*Accommodations:* HotelBlackfoot, 5940 Blackfoot Trail SE, Calgary, ABT2H 2B5  
A room block has been held for \$141 per night plus taxes. There is also a limited number (10) of upgraded Element King Rooms (6<sup>th</sup> floor) for \$171 plus taxes. Reservations can be made by contacting the in-house reservations department directly at:

**Telephone: (403) 252-2253 or at the Toll Free number: 1-800-661-1151**

It is imperative that callers mention PD PROS/Students at Risk Conference and request the Students at Risk Conference rate -PD Pros Students at Risk Group Block I. D. # 12733

**Registration Fee: \$279 (including GST)**

**Includes all sessions, coffee breaks, full breakfast Tuesday and lunch both days.**

**Registration Deadline - March 8<sup>th</sup>, 2017**

**4 Easy Ways to Register:**

**# 1. Email: holmes3@telusplanet.net**

**# 2. Fax: 403-386-3861**

**# 3. Phone: 403-386-3860**

**# 4. Mail: PD PROS, 496 Brookmere Cres. S.W., Calgary, AB. T2W 2R4**

Please complete form in full. If registering multiple participants please send a separate page listing all participants together rather than a sheet for each.

Mr.Mrs.Miss Ms Dr. \_\_\_\_\_  
First Name Last Name

\_\_\_\_\_  
Address Town/City Postal Code

\_\_\_\_\_  
E-mail address Business Phone Cell / Home Phone

\_\_\_\_\_  
School/Business Name School Division Name FAX #

**Method of payment:**

\_\_\_\_\_ Cheque (payable to PD PROs)

\_\_\_\_\_ Purchase Order # \_\_\_\_\_ (attach copy or fax a copy)

\_\_\_\_\_ **VISA** Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_  
**(Only VISA accepted)**

**Cardholder Name** \_\_\_\_\_ **Cardholder Signature** \_\_\_\_\_

# 11th Annual Western Canadian Students at Risk Conference- March 13<sup>th</sup> and 14<sup>th</sup>, 2017

Name of Delegate \_\_\_\_\_

**Session choices- in order to maximize spaces please indicate your first and second choice for each time slot. Remember to save before replying.**

## **Monday March 13<sup>th</sup>, 2017**

### **8:30 am- 10:00 am Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Working with Non-compliant and Oppositional Students - Who is the One Being Non-compliant?  
- **Allan Donsky**
- \_\_\_\_\_ B. Heritage - Perfectionism, Anxiety and Depression in Gifted Learners - **Laurie Alisat**
- \_\_\_\_\_ C. MacLeod - Improving Outcomes for Students with an FASD - **Tracy Mastrangelo**
- \_\_\_\_\_ D. Sundance - Dyslexia: Exploring the Three Subtypes - **Kim Tackaberry**

### **10:30 am - 12:00 noon Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Dealing with Anxious Students- **Allan Donsky**
- \_\_\_\_\_ B. Heritage - Underachieving Gifted Boys - Why is This Not an Oxymoron? - **Laurie Alisat**
- \_\_\_\_\_ C. MacLeod - Behaviour Through a New Lens - Understanding the Effects of Toxic Stress - **Michelle Dodd**
- \_\_\_\_\_ D. Sundance - Sexual Behavior Problems in Children and Teens- **Ana Schlosser**

### **1:05 pm - 2:35 pm Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Good Grief: Grief and Loss in the School Setting - **Blair Collins**
- \_\_\_\_\_ B. Heritage - Rage Age: How to Reach and Connect with Angry Adolescent Girls- **Ana Schlosser**
- \_\_\_\_\_ C. MacLeod - Life's Challenges in Secondary School - **Dwayne Peace**
- \_\_\_\_\_ D. Sundance - Self-Regulation, Physical Activity and the Brain Part 1- **Carrie Riddle and Shauna Dowson**

### **2:45pm - 4:15 pm**

- \_\_\_\_\_ A. Blackfoot - Gamified Learning - **Danielle Manchak**
- \_\_\_\_\_ B. Heritage - Self Harm Disorders in Teens - **Ana Schlosser**
- \_\_\_\_\_ C. MacLeod - Teaching Kids on the Autism Spectrum - **Danielle Droucker**
- \_\_\_\_\_ D. Sundance - Strategies for Self-Regulation and Creating Fun, Inclusive Physical Active Play Environments for All Children Part 2 - **Shauna Dowson and Carrie Riddle**

## **Tuesday March 14<sup>th</sup>, 2017**

### **8:30 am- 10:00 am Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Video Gaming: Cultural Shifts, Context and Compelling Evidence Why You Should Know More About It! - **Cheryl Houtekamer**
- \_\_\_\_\_ B. Heritage - Internet Safety - Keeping Kids Safe - **Cst. Carter Duchesney**
- \_\_\_\_\_ C. MacLeod - The Teachability Factor Part 1 - **Deborah MacNamara**
- \_\_\_\_\_ D. Sundance - Mentoring the ADHD Student - **Les Redick**

### **10:30am - 12:00noon Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Drugs, Teens and Trends - **Cheryl Houtekamer**
- \_\_\_\_\_ B. Heritage - How Mindfulness for Teens Reduces Stress and Regulates Emotions - **Donna Freeman**
- \_\_\_\_\_ C. MacLeod - The Teachability Factor Part 2 - **Deborah MacNamara**
- \_\_\_\_\_ D. Sundance - Executive Functioning: Who's in Charge - **Tanya Keto**

### **1:05 pm - 2:35 pm Breakout Sessions**

- \_\_\_\_\_ A. Blackfoot - Approaching Challenging Youth In Collaboration - **Laurie Johnston**
- \_\_\_\_\_ B. Heritage - 5 Skills to Calm Kids - **Donna Freeman**
- \_\_\_\_\_ C. MacLeod - Heart Matters: What to Do With a Child's Feelings - **Deborah MacNamara**
- \_\_\_\_\_ D. Sundance - Extraordinary Relationships: Extraordinary Impact - **James Trodden**

**Monday March 13<sup>th</sup> Evening Presentation by**  
**HeARTbeat Theatre Productions**

\_\_\_\_\_ **Yes, I plan to attend**

\_\_\_\_\_ **No, I won't be attending**

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**Monday March 13<sup>th</sup>, 2017**

**7:30 am - Registration Desk opens**

**8:00 am - Coffee, juice and muffins in the Ballroom and Heritage Room Foyer**

**8:30 am - 10:00 am**

**A. Blackfoot - Working with Non-compliant and Oppositional Students - Who is the One Being Non-compliant?  
- Allan Donsky**

By the end of this presentation, participants will be able to:

- Describe the nature of non-compliance and what factors may contribute to its arising.
- Describe some well intentioned but unhelpful things that adults do to and with students.
- Have a different view of “non-compliant” or oppositional children and youth.
- Identify new strategies that will help move from conflict to partnership

Dr. Allan Donsky is an Associate Professor in the Department of Psychiatry at the University of Calgary and Adjunct Professor in the Department of Child and Youth Studies at Mount Royal University. He is a Child and Adolescent Psychiatrist who shifted his focus of work to capacity building and education. He is actively involved in a number of different schools where he works with administration, teachers and students to better understand the workings of the mind. Increasingly, his work incorporates mindfulness. His vision is to have a Human Curriculum in our educational system. With this knowledge, young people could then launch into adulthood knowing how their brain works, how to navigate the mind, and how to be emotionally and socially competent.

**B. Heritage - Perfectionism, Anxiety and Depression in Gifted Learners - Laurie Alisat**

Gifted learners live in the world with intensity. Not only does this impact their learning but also their relationships and self-esteem. Based on current research, discussion will centre on understanding the pressures students may feel to perform, the different accompanying behaviours, and possible strategies to take up. Unchecked, these feelings can progress, so we will further examine what that might look like in the classroom and strategies teachers can employ to help manage these strong feelings.

Dr. Laurie Alisat is a Specialist for Gifted Education with the Calgary Board of Education. She has worked with gifted students as a classroom teacher in both community and specialized settings. As well, she has worked with teachers as a Strategist for gifted learners and as an Instructor at the University of Calgary in Inclusive Learning and the Development of Creativity. Working with Dr. Robert Kelly, she assisted in researching and writing *Educating for Creativity: A Global Conversation*. Laurie has presented numerous talks about gifted learners at conventions, symposiums, congresses, schools, and to parent groups. Her recent research focused on the experience of schooling for gifted boys in alternative settings. Laurie is passionate about using appropriate meaningful challenge for students, through compassionate relationships, to build confidence and resiliency.

**C. MacLeod - Improving Outcomes for Students with an FASD - Tracy Mastrangelo**

FASD is the leading developmental disability in the world. Students with an FASD are among the most vulnerable in our classes and communities. Daily struggles lead to disengagement, poor choices, social pressures and exclusion from school and community. Participants will be led to a shared understanding of FASD as a medical diagnosis with multiple implications on health, behaviour and daily functioning. Together we will explore more effective best practice strategies to support success for all students.

Tracy Mastrangelo is Project Coordinator for the Wellness Resiliency and Partnership project. The WRaP project is an innovative project supporting junior and senior high school students throughout the province of Alberta diagnosed with Fetal Alcohol Spectrum Disorder. Prior to this, Tracy used her Social Work education while working in the Yukon Government with Family and Children's Services supporting kinship, foster and adoptive parents caring for children affected by trauma, FASD and emotional abuse.

**D. Sundance - Dyslexia: Exploring the Three Subtypes - Kim Tackaberry**

Join us to learn how dyslexic brains work differently. This workshop will focus on best practices in reading with a specific focus on supporting students with dyslexia. The three types of dyslexia will be reviewed along with evidence-based practices for each. To conclude, we will discuss four factors that support the development of reading comprehension. This session is based on Dr. Steven G. Feifer's work and research on learning and the brain.

Kim Tackaberry is currently a Designer of Professional Learning with the Calgary Regional Consortium. Kim's teaching career expands over 25 years, including 10 years teaching and supporting students in Grades 6-9 at Foothills Academy Society, a centre for children with Learning Disabilities and ADHD. Following her specific work supporting students with diverse learning needs, Kim supported teachers for 10 years in a community services role at Foothills Academy as Professional Development and Parent Education Manager. Kim has taken her passion for professional development to the world wide web. She has designed and moderated over 12 on-line workshops for educators, support staff and parents to better meet their busy lifestyles. Kim has a genuine passion for supporting struggling readers: she is the sole Precision Reading presenter, apart from the Founder Dr Rick Freeze, in North America.

#### **10:00 am - 10:25 am Coffee Break**

#### **10:30 am - 12:00 noon**

##### **A. Blackfoot - Dealing with Anxious Students - Allan Donsky**

Anxiety is recognized as a universal part of the human condition with, at times, an important survival value. In keeping with the broader goal of enhancing student Mental Health, this session is designed to help educators realize they are already, and can continue to be, therapeutic without being therapists. This is especially applicable when excessive or inappropriate anxiety interferes with students' lives. This session, interactive in nature, will explore the origins of anxiety and provide a practical understanding of how anxiety is a normal part of brain function. We will look at the many ways it might present in the classroom and participants will learn practical strategies for use in their daily work, both personal and professional.

Dr. Allan Donsky is an Associate Professor in the Department of Psychiatry at the University of Calgary and Adjunct Professor in the Department of Child and Youth Studies at Mount Royal University. He is a Child and Adolescent Psychiatrist who shifted his focus of work to capacity building and education. He is actively involved in a number of different schools where he works with administration, teachers and students to better understand the workings of the mind. Increasingly, his work incorporates Mindfulness. His vision is to have a "Human Curriculum" in our educational system. With this knowledge, young people could then launch into adulthood knowing how their brain works, how to navigate the mind and how to be emotionally and socially competent.

##### **B. Heritage - Underachieving Gifted Boys - Why is This Not an Oxymoron? - Laurie Alisat**

Doesn't gifted mean high achieving, highly motivated, highly successful? It could, but more often than not, gifted boys underachieve, according to current research and teachers' observation. Social pressure, social isolation, gender expectations, perfectionism, other learning challenges, unrealistic achievement expectations of themselves or by others can get in the way of learning and achievement. Through interactive discussion and a sharing of the research, we will explore factors that influence gifted boys' experience of schooling. There is hope! We will identify and review strategies to support boys' sustained engagement and achievement at different levels of schooling and beyond so they can be motivated, achieving and successful!

Dr. Laurie Alisat is a Specialist for Gifted Education with the Calgary Board of Education. She has worked with gifted students as a classroom teacher in both community and specialized settings. As well, she has worked with teachers as a Strategist for gifted learners and as an Instructor at the University of Calgary in Inclusive Learning and the Development of Creativity. Working with Dr. Robert Kelly, she assisted in researching and writing *Educating for Creativity: A Global Conversation*. Laurie has presented numerous talks about gifted learners at conventions, symposiums, congresses, schools, and to parent groups. Her recent research focused on the experience of schooling for gifted boys in alternative settings. Laurie is passionate about using appropriate meaningful challenge for students, through compassionate relationships, to build confidence and resiliency.

##### **C. MacLeod - Behaviour Through a New Lens - Understanding the Effects of Toxic Stress - Michelle Dodd**

Participants will develop an understanding of adverse childhood experiences and ongoing toxic stress and the effects these elements have on the learner's brain. Participants will explore various behavioural responses that result from toxic stress and learn strategies to help manage affected students in a calm and caring way.

Michelle Dodd is a Mental Health and Wellness strategist for the Calgary Board of Education. She has 17 years of experience working with complex learners and students with severe social/emotional needs. She is trained in trauma informed practice and a variety of therapeutic interventions.

##### **D. Sundance - Sexual Behavior Problems in Children and Teens- Ana Schlosser**

Sexual exploration and play are normal and healthy aspects of child development not only to help children learn about their bodies but also to understand sexuality in a social context as media has much influence. When the sexualized behaviour poses a risk to the child and others it is more than harmless curiosity. This talk will share what

different behaviours are considered "normal" vs "unhealthy" at various developmental stages. When the behaviours do not stop upon the child being told they should stop or limit them, the sexual behaviours can become quite damaging and abusive. Understanding the various possible causes for sexual behaviours are crucial in safety planning.

Ana is currently working in private practice treating children and youth with sexual behavior problems as well as conducting parenting assessments with Southeast Alberta Child and Family Services and psycho-educational testing for area schools. Ana has years of experience dealing with severe emotionally/behaviorally disturbed youth with a special focus on treating criminally delinquent youth including sexual perpetration. Ana has worked as front line staff and in consultant roles as a case manager, therapist, psychologist and wrap-around facilitator in various settings including community mental health, alternative/outreach schools, psychiatric residential treatment facilities, juvenile justice and general ed settings. Ana is a certified Crisis Prevention Intervention and Violence Threat Risk Assessment Trainer.

## **12:00 noon - 1:00 pm Lunch - The Laugh Shop & Heritage Room**

**1:05 pm - 2:35 pm**

### **A. Blackfoot - Good Grief: Grief and Loss in the School Setting - Blair Collins**

In a death denying culture, the significant loss experienced by a student, or the loss of a student or staff member can result in turmoil and confusion in the school setting. This workshop will offer the participants insight into the process of grief and loss experienced by children, adolescents, and adults and some concrete strategies of how to respond when death affects an individual student or a school community.

Blair Collins is a registered social worker with over 30 years of experience in a variety of not-for-profit settings, including over 10 years as a crisis counselor at the Calgary Distress Centre and almost five years of experience as a grief counselor working with children and adolescents. Presently Blair is self-employed as a provincial Marriage Commissioner, and continues to offer workshops to a variety of groups on a variety of topics.

### **B. Heritage - Rage Age: How to Reach and Connect with Angry Adolescent Girls - Ana Schlosser**

Aggressive angry adolescent girls are an increasing fallacy of female empowerment in our schools requiring intensive services and monopolizing crucial amounts of time by school staff. Gain insight and understanding of their provocative, self-destructive and conflicting behaviour. Learn how to be a champion and create a dream team for these girls within your settings. Gain and practice tools on how to relate to and intervene with this hard to reach population to help them develop into resilient, competent young women.

Ana is currently working in private practice treating children and youth with sexual behavior problems as well as conducting parenting assessments with Southeast Alberta Child and Family Services and psycho-educational testing for area schools. Ana has years of experience dealing with severe emotionally/behaviorally disturbed youth with a special focus on treating criminally delinquent youth including sexual perpetration. Ana has worked as front line staff and in consultant roles as a case manager, therapist, psychologist and wrap-around facilitator in various settings including community mental health, alternative/outreach schools, psychiatric residential treatment facilities, juvenile justice and general ed settings. Ana is a certified Crisis Prevention Intervention and Violence Threat Risk Assessment Trainer.

### **C. MacLeod - Life's Challenges in Secondary School - Dwayne Peace**

In this most requested session Dwayne will talk about issues that are affecting many students on a daily basis. Body image, eating disorders, bullying, suicide, bullycide, texting, sexting, rumours, gossip, drama, the power of words, showing respect for others, the impact of media including the impact of violent video games, cutting, burning, and self-harm are key components to this presentation. A component of this presentation also includes charges under the Criminal Code of Canada that are applicable to those who chose to bully others in various ways.

Dwayne Peace retired in 2003 after 25 years with the Calgary Police Service where he spent the last seven years of his career as a School Resource Officer (SRO). Dwayne has a special talent for working with youth, and a passion for helping to make a difference in their lives. Requests for his dynamic presentations have come from schools, parent groups, community organizations, corporations, and recently at three campuses of Penn State University in Pittsburgh, PA. Dwayne is the co-founder of the Alberta Association of School Resource Officers (AASRO) established in 1998. Dwayne's Life Skills - Life Synergy for Youth program causes his audience to think about the power of their words and actions. Much of his work has been in a proactive role with students, assisting them in making smart choices in their lives through the information learned through his many presentations.

### **D. Sundance - Self-Regulation, Physical Activity and the Brain Part 1 - Carrie Riddle and Shauna Dowson**

Wiggly children, sleepy students, angry kids, movers and shakers! The co-presenters will explore what self-regulation, sensory processing, the brain and physical activity levels have to do with classroom participation, learning and student

happiness. This session will uncover the science behind many common behaviours among children of various backgrounds, their needs and some positive strategies to support the children.

Carrie Riddle has been an Occupational Therapist with a large Alberta school board for more than 20 years. Carrie is able to see beyond the behaviour of the child to the cause of their actions. This incredible skill has positively impacted thousands of students in district schools. Carrie's long history of seeing and working with people's abilities starts as far back as her time as a Canadian National Team Swim Coach for the '88 Seoul Paralympics. She used that time to "springboard" into the education system where she has spent a lifetime attending numerous workshops in Sensory Processing, including the completion of the Dr. Stuart Shanker Self-Regulation Certificate program.

Shauna Dowson is an Adapted Physical Education Consultant with Edmonton Public Schools and founder of Canada Plays. She has spent the better part of 20 years teaching young children the joys of physical skills in peer driven robust play! Shauna's involvement in movement education spans from children just learning to move to elite athletes. Her approach centres on the aim to develop the skills necessary to achieve a physically literate lifestyle. Shauna was most recently recognized by the Canadian Soccer Association with a national award for her work in the grassroots development of children in soccer.

### **2:35 pm - 2:45 pm Room Change Break**

### **2:45 pm - 4:15 pm**

#### **A. Blackfoot - Gamified Learning - Danielle Manchak**

We've all been there at some point in our careers...standing in front of a class of students with blank stares, completely disengaged in what they should be learning. If you have been in this situation, you most likely asked yourself some of the following questions: How can I make this subject matter more interesting to my students? How do I keep my students motivated to learn? How do I help my students to connect this information to their own experiences? This session will hopefully help you to find solutions to the above questions. Gamified learning is a relatively new concept in the educational world. By turning units or lessons into a collaborative game, students will become more engaged, more intrinsically motivated, and more able to relate their experiences to the content being taught. As an added bonus, both you and the students will also have fun.

Danielle Manchak has been a junior high educator for the past 10 years. She received her BA (History) in 2004 and BEd in 2006 from The King's University in Edmonton. Throughout her career she has specialized in teaching cross-curricular Humanities and Fine Arts to students with diverse learning needs. In the past nine years, Danielle has refined a gamified learning approach that motivates her students to learn history, financial literacy, political science and literature in an attractive, dynamic and collaborative environment.

#### **B. Heritage - Self-harm Disorders in Teens - Ana Schlosser**

Self-harm is becoming ever present among youth as a way of coping with emotional stress. This epidemic of youth using self-harm as a coping mechanism is not only damaging to them and their bodies but impacts those who care for them. This session explains reasons behind self-harming behaviours and how the treatment model of Dialectical Behavioural Therapy (DBT) is the treatment mode of choice. Learn what DBT techniques are and how to implement them in your environment to help these hurting youth.

Ana is currently working in private practice treating children and youth with sexual behavior problems as well as conducting parenting assessments with Southeast Alberta Child and Family Services and psycho-educational testing for area schools. Ana has years of experience dealing with severe emotionally/behaviorally disturbed youth with a special focus on treating criminally delinquent youth including sexual perpetration. Ana has worked as front line staff and in consultant roles as a case manager, therapist, psychologist and wrap-around facilitator in various settings including community mental health, alternative/outreach schools, psychiatric residential treatment facilities, juvenile justice and general ed settings. Ana is a certified Crisis Prevention Intervention and Violence Threat Risk Assessment Trainer.

#### **C. MacLeod - Teaching Kids on the Autism Spectrum - Danielle Droucker**

This presentation will address challenges often faced by children with Autism Spectrum Disorder within the school setting. The workshop will focus on understanding and applying developmentally appropriate practice to school based intervention and behavioural strategies effective in educating children on the Autism Spectrum.

Danielle Droucker, PhD, has been a Provisional Psychologist at Renfrew Educational Services within the Early Child Services and Specialized Autism Services programs for the last six years. Prior to this position, she was an instructor at the University of Calgary in the Education Department, teaching Inclusive Practice and Understanding Autism Spectrum Disorder.

## **D. Sundance - Strategies for Self-Regulation and Creating Fun, Inclusive Physical Active Play Environments for All Children Part 2 - Shauna Dowson and Carrie Riddle**

In this session, the co-presenters will unpack numerous play-based strategies for helping restless children, children with sensory disorders, and children with attention and focus struggles. Demonstrations will include teaching skills for individual children, small groups and large groups. Co-operative activities and physical activity will be on the menu so get ready to move! Attending Presentation A: Self-Regulation, Physical Activity and the Brain Part 1 would be an asset.

Shauna Dowson is an Adapted Physical Education Consultant with Edmonton Public Schools and founder of Canada Plays. She has spent the better part of 20 years teaching young children the joys of physical skills in peer driven robust play! Shauna's involvement in movement education spans from children just learning to move to elite athletes. Her approach centres on the aim to develop the skills necessary to achieve a physically literate lifestyle. Shauna was most recently recognized by the Canadian Soccer Association with a national award for her work in the grassroots development of children in soccer.

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### **Tuesday March 14<sup>th</sup>, 2017**

**7:00 - 8:15 am - Breakfast in the Laugh Shop**

**8:30 am - 10:00 am Breakout Sessions**

#### **A. Blackfoot - Video Gaming: Cultural Shifts, Context and Compelling Evidence Why You Should Know More About It! - Cheryl Houtekamer**

Learners will develop an awareness of the popularity, the content, and the risks and benefits that video games and online gaming have on our physical and mental wellness, particularly with regards to children and youth.

Cheryl Houtekamer has been working with child, youth and family issues for over 30 years. She began working at Youth Addiction Services AADAC (now Alberta Health Services) in 1989. Over the past 27 years Cheryl has served in a variety of treatment and prevention roles, including outpatient counselor, day treatment program counselor, counseling supervisor, tobacco reduction counselor, prevention counselor and prevention supervisor. Cheryl recently completed her Master's degree in Public Health at the University of Alberta. Cheryl identifies teachers, parents and other concerned adults as fundamental allies in the promotion of resiliency in youth.

#### **B. Heritage - Internet Safety - Keeping Kids Safe - Cst. Carter Duchesney**

Digital technology and internet access is now a way of life for most people and for all young people. Your students and your own children probably have received information on how to use the internet and technology in a safer and more respectful manner but parents and teachers also need this information in order to properly supervise technology use.

Without teacher and parental involvement many children will be a victim of their natural curiosity and will get into trouble when using technology. Access to the internet and social networking sites can be a very positive experience but it can also expose your student/child to negative experiences.

Unfortunately, there are many online predators that use the internet to access our personal information and to get closer to students for all the wrong reasons. These predators will often use deceit, trickery and malicious software to achieve their goals. All of the computer applications we use have weaknesses and these criminals will use these weaknesses and malware to achieve their goals. During this session Cst. Duchesney will introduce the top 10 things to consider in making the internet safe for your students.

Cst. Carter Duchesney is the Cybercrime Education Officer on the Crime Prevention Team for the Calgary Police Service. He received his Bachelor of Arts in Criminology from the University of Ottawa in 1995 and began his policing career in 2003. He has worked as a Crime Analyst, a sworn Calgary Police Service member and a member of the RCMP. In the CPS he has done general patrol duties and has been a member of the downtown beat team. He has also done plain clothed surveillance and led a team policing Calgary's night time establishments. Carter now serves as the Cybercrime Education Officer where he gives talks about internet safety to schools and the general public. In the past two years he has given over 250 presentations to approximately 35,000 students and adults in the Calgary area.

#### **C. MacLeod - The Teachability Factor Part 1 - Deborah MacNamara**



Teaching doesn't always result in learning and this discrepancy seems to be widening. This is despite the fact that students have never been smarter, teachers have never been better trained, our curricula have never been more honed, and our technology has never been so advanced. According to Dr. Neufeld, the problem is not with our teaching but with the diminishing teachability of our students. The teachability factor refers to those determinants of learning that are psychological in nature: developmental, relational, motivational and emotional. Cultural change has altered these factors, making the teacher's job much more difficult than it used to be or needs to be. The teachability factor is the most overlooked, least understood, and potentially most promising of the factors in the learning equation. Current educational methods and curricula assume teachability, setting teachers up for considerable frustration when this assumption is not realized. This session is useful in introducing an attachment-based developmental approach and in creating a common language to use in talking about students.

Dr. Deborah MacNamara is on faculty at the Neufeld Institute, is the author of *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, and Director of Kids Best Bet, a counselling and family resource center. For over 20 years Deborah has been making sense of children and teens as a teacher and counsellor while working at the Vancouver School Board, Kwantlen Polytechnic University, and the Canadian Mental Health Association. She is a dynamic presenter and continues to write for parenting magazines as well as appearing regularly on radio and TV.

#### **D. Sundance - Mentoring the ADHD Student - Les Redick**

Les leads the audience through a discussion of what ADHD is and what ADHD isn't and how it reveals itself in the classroom and at home. The audience will better understand the disorder and how it relates to executive functioning, emotional dysregulation, and time blindness. The presentation will also provide some concrete tools for teachers and parents to help mentor ADHD students.

For over 30 years Les Redick has taught ADHD and LD students from grades 7 through 12. In addition to his professional experience, he has personal experience as both he and his son have ADHD. This combination of professional and personal experience has given Les an excellent perspective on ADHD, executive functioning issues and motivation. In 2014 he was in Anaheim, CA where he presented at the LDA National Conference. Les recently completed his Master's degree in ADHD Resiliency through the University of Calgary and works at Foothills Academy teaching junior and senior high math.

#### **10:00 am - 10:25 am Coffee Break**

#### **10:30 am - 12:00 noon Breakout sessions**

##### **A. Blackfoot - Drugs, Teens and Trends - Cheryl Houtekamer**

This presentation will give participants basic information about drug classification while examining adolescent substance use trends in Alberta. The presenter will also explore the concept of resiliency, identifying risk, and protective factors and available supports and resources related to teen substance use.

Cheryl Houtekamer has been working with child, youth and family issues for over 30 years. She began working at Youth Addiction Services AADAC (now Alberta Health Services) in 1989. Over the past 27 years Cheryl has served in a variety of treatment and prevention roles, including outpatient counselor, day treatment program counselor, counseling supervisor, tobacco reduction counselor, prevention counselor and prevention supervisor. Cheryl recently completed her Master's degree in Public Health at the University of Alberta. Cheryl identifies teachers, parents and other concerned adults as fundamental allies in the promotion of resiliency in youth.

##### **B. Heritage - How Mindfulness for Teens Reduces Stress and Regulates Emotions - Donna Freeman**

Being a teen can be really stressful! Mindfulness is a powerful way to manage stress and awaken your inner wisdom. Discover information, tools and resources ideal for teens to help them reduce stress, regulate emotions, and live with more joy and gratitude.

Teacher, author, and kids' and teens' yoga specialist Donna Freeman has taught yoga to thousands of children. She firmly believes that yoga can be practiced anywhere by anyone at any time. She is the founder of Yoga In My School and Kids Yoga Academy, two premier organizations that bring the benefits of yoga to children and professionals working with children. Her work bringing yoga and mindfulness to schools has been featured in the Wall Street Journal, Reader's Digest and at the National Kids Yoga Conference in Washington, DC.

##### **C. MacLeod - The Teachability Factor Part 2 - Deborah MacNamara**

Teaching is getting harder, not easier. This is despite the fact that teachers have never been more educated, technology has never been more advanced, curriculum has never been so refined and pedagogy has never been so honed. Although these factors are important, the true problem in schooling lies elsewhere. In this session we uncover four natural sources of power and reveal the handicaps that result when these are missing. We expose the reasons why today's teachers



more than ever need to harness the power of attachment to do their jobs. We will also provide practical suggestions on how to do this. The material is applicable to all teachers, administrators and supporting professionals. The insights are useful for all students but are especially salient for the students who have trouble learning and behaving. This session is useful in introducing an attachment-based developmental approach and in creating a common language to use in talking about students.

Dr. Deborah MacNamara is on faculty at the Neufeld Institute, the author of *Rest, Play, Grow: Making Sense of Preschoolers* (or anyone who acts like one), and Director of Kids Best Bet, a counseling and family resource center. For over 20 years Deborah has been making sense of children and teens as a teacher and counselor while working at the Vancouver School Board, Kwantlen Polytechnic University, and the Canadian Mental Health Association. She is a dynamic presenter and continues to write for parenting magazines as well as appearing regularly on radio and TV.

#### **D. Sundance - Executive Functioning: Who's in Charge - Tanya Keto**

This session will share the work of neurologist and teacher Dr. Judy Willis, with a focus on brain-based strategies that teachers can use to increase student engagement, motivation, and self-management. This session will also increase educators' confidence in how the brain learns, and how to model and include executive functioning strategies in their daily lessons.

With 10 years of experience as a special needs teacher, learning strategist, guidance counselor, and adult educator, as well as being the mother of a 9-year-old with unique learning needs, Tanya Keto is a passionate advocate for students and a collaborative resource for parents and teachers. She completed her Master's of Education in Child and Applied School Psychology from the University of Calgary and is the Manager of Staff Development and Teacher Education at Foothills Academy and a (soon-to-be) Provisional Psychologist. She has a specific interest in assessment and intervention for students with Learning Disabilities (LD) and Attention-Deficit/Hyperactivity Disorder (ADHD).

#### **12:00 noon - 1:00 pm - Lunch - The Laugh Shop & Heritage Room**

#### **1:05 pm - 2:35 pm Breakout Sessions**

##### **A. Approaching Challenging Youth in Collaboration – Laurie Johnston**

This session will be an opportunity to learn about Dr. Ross Greene's Collaborative & Proactive Solutions (CPS), an effective model for adults to build productive relationships with all kids, especially those at risk. These vulnerable youth are often labeled and judged, as well as given standard rewards and punishments. Research proves that these approaches do not result in improvement. As an alternative, we can partner with youth to obtain understanding and co-design positive outcomes. This year's session will provide an opportunity to overview the model, as well as dig into practices into the first step of the process: Empathy.

Laurie is a long-term educator with a focus on secondary learning. Completing her M.Ed. in 2006, she began serving as a high school administrator. Intrigued by Dr. Greene's *Lost At School*, she received Level 1 status and then pursued intensive training to obtain Provider certification in 2012. In 2015, she became a Trainer and Presenter for Dr. Greene. Laurie has worked with challenging youth across Western Canada, including time spent in the North. As a mother, wife and community leader, she also realizes that this model works effectively in every day life. You will find her to be humorous, engaging and caring when sharing this effective, alternative approach.

##### **B. Heritage - 5 Skills to Calm Kids - Donna Freeman**

Discover indispensable calming techniques to reduce anxiety and stress in children, allowing them to self-calm, focus and regulate. Each of the five skills of Breathe, Connect, Affirm, Move and Relax will be taught with multiple age appropriate practices to alleviate test anxiety, calm fears and empower students.

Teacher, author, and kids' and teens' yoga specialist, Donna Freeman has taught yoga to thousands of children. She firmly believes that yoga can be practiced anywhere by anyone at any time. She is the founder of Yoga In My School and Kids Yoga Academy, two premier organizations that bring the benefits of yoga to children and professionals working with children. Her work bringing yoga and mindfulness to schools has been featured in the Wall Street Journal, Reader's Digest and at the National Kids Yoga Conference in Washington, DC.

##### **C. MacLeod - Heart Matters: What to Do With a Child's Feelings - Deborah MacNamara**

Constructs like emotional intelligence, emotional self-regulation, emotional well-being and emotional social learning are being bandied about like never before. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. What are the implications for raising children? How can we ensure healthy hearts and what does heart hygiene look like? How do we teach our children the language of the heart? Should we be discouraging negative emotions and encouraging our children to calm down? Dr. MacNamara will bring clarity to the plethora of confusing information bombarding educators and parents today.

Dr. Deborah MacNamara is on faculty at the Neufeld Institute, the author of *Rest, Play, Grow: Making Sense of Preschoolers* (or anyone who acts like one), and Director of Kids Best Bet, a counseling and family resource center. For over 20 years Deborah has been making sense of children and teens as a teacher and counselor while working at the Vancouver School Board, Kwantlen Polytechnic University, and the Canadian Mental Health Association. She is a dynamic presenter and continues to write for parenting magazines as well as appearing regularly on radio and TV.

#### **D. Sundance - Extraordinary Relationships: Extraordinary Impact - James Trodden**

In the day-to-day pressure of our lives, we can forget that as educators we are the difference that can change a child's life. James recalls all the heroes that stepped out and changed the course of his life. Simple people with jobs in a magical building called a school are these heroes. Education is the difference and our jobs in working with children go beyond what we are supposed to do to that which we morally must do to help the youth around us. That next child that passes you by on the next day at school is the one that we need to make a difference for.

James will share stories of how educators can help that next child. In examining the lives of children, we begin to see how educators hold the key to changing lives and making a difference. James continues to spend his time involved in education. As James shares stories of the incredible educators he works with and the difference they make in the lives of children, he never forgets that once he was that child and his heroes changed the course of his life.

James Trodden has been an educator for over 20 years. In various roles as a teacher and school administrator he has worked with some amazing teachers. He strives to learn more and more about the great work that teachers do to support students. For over a decade he worked as a school administrator in a variety of settings. In this time he focused on engaging staff and re-energizing them to obtain corporate and personal goals. He is noted for galvanizing staff and improving schools that had gone through challenges and struggles. He is a strong believer in developing learning organizations that can maximize the human potential of their employees. In order to further his personal learning, he obtained a Master's of Arts Degree in Leadership and Training from Royal Roads University. In his latest role James is making a fundamental difference for students at Alberta Education, serving as a Senior Manager for Leadership Excellence.